

Workout 13 Tuesday 9/26/2017

Advanced /Beginner / Starter

Warm up	100 ch
Main set	200 free kick 100 free *ALL FREE 25 breathe every 3 25 breathe every 5 25 breathe every 7 25 breathe every 9 25 breathe every 11 25 take one breath 4X25 butterfly kick to the cone <u>sprint rest of the way</u> *ALL FREE 25 breathe every 3 25 breathe every 5 25 breathe every 7 25 breathe every 9 25 breathe every 11 25 take one breath 4X25 butterfly kick to the cone <u>sprint rest of the way</u> 200 free Dive if have time
Cool down	100 ch

Total: 1000



Workout 14 Thursday 9/28/2017

*If there is a stroke you don't know pick a stroke you do know.

Advanced:

Warm up	100 CH
Main set	50 25, 25 BK 2X75 25 FL, 25 BK, 25 BR 2X100 50 BK, 25 BR, 25 FR 200 FR 2X50 25 FL, 25 BK 4X75 25 BK, 25 BR, 25 FR 2x100 IM *KICKBOARD 200IM KICK
Cool down	100ch

Total: 1400

Beginner:

Warm up	100 CH
Main set	50 25, 25 BK 2X75 25 FL, 25 BK, 25 BR 2X100 50 BK, 25 BR, 25 FR 200 FR 2X50 25 FL, 25 BK 4X75 25 BK, 25 BR, 25 FR 2x100 IM *KICKBOARD 200IM KICK
Cool down	100ch

Total: 1400



Starter: *If you can't do Backstroke do free.

Warm up	100 free
Main set	200 free pull 200 free kick *ALL FREE 25 50 75 100 200 300 200 100 75 50 25 100ch Dive
Cool down	50 CH

Total:

